



MIAMIBEACH

OFFICE OF THE CITY MANAGER

NO. LTC # 212-2006

LETTER TO COMMISSION

TO: Mayor David Dermer and Members of the City Commission

FROM: Jorge M. Gonzalez, City Manager

DATE: September 1, 2006

SUBJECT: **Senior Citizen Programs Provided by the Parks & Recreation Department**

During the item to set the tentative millage rate at the July 12, 2006 City Commission meeting, Commissioner Libbin raised a question regarding senior programming and services provided by the City.

It was the Administration's intention to present the requested information at a scheduled Neighborhoods/ Community Affairs Committee meeting, however, the meeting at which this item was to be presented was cancelled and another meeting is not scheduled before the budget consideration. Therefore, the information will be presented to you in the LTC format.

The Parks & Recreation Department has prepared the attached documents which include:

- Chronological Senior Class Enrollment for Winter 2004 to Fall 2006
- Seniors Weekly Schedule for Fall/ Winter 2006
- Senior Program Summary Graph for Winter 2004 through 06-07 (projected)

As indicated, the program has enjoyed an expansion from 33 registered seniors in 2004 to 145 in 05-06, which represents a 339% increase. It is estimated that through fiscal 06-07 we will have 175 seniors registered in our program. These participants currently have the opportunity to enroll in 10 different classes. Currently, our class enrollment for the 10 classes totals 185 seniors. Concurrently, the departmental expenditures for these programs have increased from an estimated \$65,000 in 2004 to \$85,000 in 2006/07.

The senior citizen program presently offered at North Shore Park Youth Center includes;

- Ceramics (once per week)
- Coffee Talk " "
- Yoga " "
- Fine Arts/ Painting " "
- Line Dance " "
- Bingo " "
- Movie Day " "
- Computer Classes (2x per week)
- Chair Aerobics (2x per week)
- Stepping Out (1 time per month field trips)
- Lifeline Screening (1 time per month, various health related topics)

The Parks & Recreation Department staff is continuously open to developing new programs and services to better meet the needs of our senior residents. New program ideas currently being developed for the 2006/07 fiscal year include but are not limited to:

- Expanding the pick-up point for the Stepping Out activities to include a south stop such as Rebecca Towers, a middle Beach stop and the Stella Maris House in North Beach to better and more conveniently serve more seniors.
- A Mobile Senior Program designed to have Recreation Division staff go into these assisted living centers to provide activities such as arts & crafts, movie day, board games, creative arts, chair aerobics and other appropriate active and passive activities.
- Provide transportation for seniors interested in going from designated location such as the Rebecca Towers to the PAL for yoga, water aerobics in the pool, computer class or other activities in the morning.
- In partnership with the Alliance on Aging to provide education and free health resources to seniors for a better physical and healthier lifestyle. Every month there is a different health component that is focused on (ex: blood pressure check, cholesterol check, bone density check, vision, hearing, healthy diet education, diabetes check) and so much more. Free of cost

At present, the Recreation Division expends approximately \$85,000 annually for staffing, field trip admissions, transportation, supplies and materials for senior programming. Implementing the new programs envisioned above, the Division will spend an additional \$40,000 for additional part time staff, transportation services, field trip admissions and activity supplies. These costs are already contemplated in the proposed 06/07 fiscal year budget.

In addition to Recreation expenditures, annually the City Community Development Block Grant program (CDBG) allocates resources to senior citizen service agencies. In this grant year the City has allocated \$426, 450 directly towards the provision of services to seniors in the community. Grant funds are distributed as follows:

- **Jewish Community Services - Miami Beach Senior Center Adult Day Care Services - \$13,820** - To provide an aide to supervise day care services to 50 frail elderly in a structured supportive setting with daily activities, nutritionally balanced meals and therapies that provide or prolong the need for institutionalization.
- **Jewish Community Services – Senior Meals Capital Improvements - \$76,935** – To provide facility improvements to the Miami Beach Senior Meals facilities at the South Shore Community Center which serves low to moderate-income senior citizens.
- **Jewish Community Services - Senior Meals on Wheels Program- \$20,530** - To partially fund drivers to deliver meals to 85 homebound elderly participants residing in eligible target areas, and to fund a shopper to purchase necessary items for frail elders unable to shop for themselves.
- **Little Havana Activities and Nutrition Centers of Dade County, Inc. - Miami Beach Elderly Meals Program - \$43,565** - To provide nutritionally balanced meals daily to approximately 130 Miami Beach elderly clients in a familiar

surrounding where they can have access to other services provided by Little Havana Activities and Nutrition Centers of Dade County.

- **Prime Time Seniors – Elders and Seniors Emerging Needs – \$2,500** - Will provide weekly activities to decrease the incidence of depression and loneliness to 75 low-income elderly residing in the City of Miami Beach.
- **UNIDAD of Miami Beach – Sr. Center Acquisition and Rehabilitation – 250,000** – To acquire, and/or construct/rehabilitate a comprehensive senior activity and service center in the North Beach target area.
- **Miami Beach Community Development Corporation - Tenants Service Coordinator - \$19,100** - To fund a coordinator that brings together existing program services for approximately 200 low and very low-income elderly and special needs tenants.

Of special note is the funding that has been and will be allocated to the North Beach Senior Center in the event that the City Commission approves a Management and Operation Agreement with Unidad at the September 6, 2006 Commission meeting. In the CDBG funding for this calendar year \$250,000 has been allocated for the Senior Center and a total of \$300,000 has been allocated in previous years CDBG program funding. The Management and Operation agreement also commits an additional \$500,000 for resort tax eligible improvements at the Senior Center subject to approval of the proposed FY2006/2007 Capital Budget.

In the aggregate the following summarizes the Parks and CDBG senior citizen funding:

• Parks	\$125,000
• CDBG	\$176,450
• Senior Center	
o CDBG	\$250,000
o CDBG previous year	\$300,000
o Resort Tax	<u>\$500,000</u>
Total	\$1,351,450

We will keep you informed of new program developments and please advise if you have additional questions.

JMG/RCM/KS/JM/jig

c: Robert C. Middaugh, Assistant City Manager
Kevin Smith, Parks & Recreation Director
Julio Magrisso, Assistant Parks & Recreation Director
Kathie G. Brooks, Director Budget and Performance Improvement

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MIAMI BEACH

SENIOR CLASS ENROLLMENT

Winter/ Spring 2004 - 2005 (North Shore Senior Center)	
Ceramics (program designated to improve their artistic skills and a fun way to meet new people, have lunch and talk.)	
Coffee Talk (program designated to help seniors learn to use computers)	
ESOL (program designated to help foreign language speakers learn English through the Miami Dade Adult Education program.)	
Social Dance (line dancing) (A group of seniors gets together to dance the afternoon away)	

Class Enrollment
11
6
5
11

No. of Classes 4

Class enrollment 33

Summer 2005 (North Shore Senior Center)	
No senior programming was offered in this period due to the need to dedicate staff and space to the NSPYC summer youth program.	

Class Enrollment

No. of Classes 0

Class enrollment 0



MIAMI BEACH

SENIOR CLASS ENROLLMENT

Fall	
2005 (North Shore Senior Center)	
Movie Day (This event is designed to bring seniors together and enjoy a movie over hot-dogs, popcorn, chips and sodas)	
Social Dance (Line Dancing)	
Coffee Talk	
Fitness Day (Chair Aerobics)	
Ceramics	
Computer Lab (leisure)	
ESOL	
Stepping - Out	
Senior Thanksgiving Lunch (Luncheon provided by the City of Miami Beach Parks and Recreation for the seniors that come to our programs)	

Class Enrollment
22
8
4
14
12
N/A
4
N/A
25

No. of Classes	9
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Class enrollment	89
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Winter/ Spring	
2005 - 2006 (NSPYC)	
Ceramics	
Coffee Talk	
Computer Classes (Program designated to teach seniors the use of personal computers and the use of internet surfing)	
ESOL	
Fitness Day (Chair Aerobics)	
Fitness Gym (Seniors can enjoy the use of our Fitness Room to improve their physical condition)	
Painting	
Social Dance (Line Dancing)	
Stepping - Out	
Yoga (program provided by the Miami Dade Adult Education program to help improve fitness condition in seniors)	
Lifeline Screening Program (Free screening event for strokes for seniors)	

Class Enrollment
11
6
29
8
12
4
30
8
40
22
46

No. of Classes	11
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Class enrollment	216
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MIAMI BEACH

SENIOR CLASS ENROLLMENT

Summer 2006 (NSPYC)	
ESOL	
Fitness Day (chair aerobics)	
Coffee Talk	
Ceramics	
Social Dance (Line Dancing)	

Class Enrollment
8
20
6
12
8

No. of Classes	5
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Class enrollment	46
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Fall Weekly Schedule (Estimated as of 8/24) 2006 (NSPYC)	
Ceramics- Monday's 9am- 3pm	
Coffee Talk- Tuesday's 1 pm- 3 pm	
Chari Aerobics- Tues and Thurs 11 am- Noon	
Computer Classes- Wednesday's- 10 am- 2pm	
Line Dancing- Thursday's 1pm- 3 pm	
Bingo- Friday's 9am-11 am	
Movie Day- Friday's 11 am- 1pm	
Painting- Thursday's 9am- 1:30 pm	
ESOL	
Yoga	

Class Enrollment
15
10
15
30
10
20
20
30
10
25

No. of Classes	10
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Class enrollment	185
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Additional programs, events or field trips already planned:
 November 17th- Thanksgiving Lunch
 Monthly- trips to Malls, Parrott Jungle, Indian Reservation
 or Jungle Queen

40
40

Other activities will be announced according to planned dates. Also, special events such as Senior Thanksgiving dinner, Stepping out field trips and other activities will be informed a week prior to planned.

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SENIOR PROGRAM SUMMARY

